



# Indiana State Department of Health

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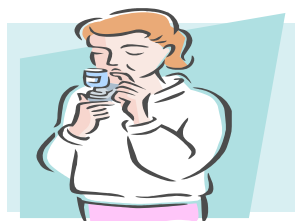
# CSHCS Express

**Children's Special Health Care Services**

## Asthma and You

By Dee Sanders

About 15 million Americans have asthma, including nearly five million children under age 18. This health problem is the reason for nearly half a million hospital stays each year. People with asthma can be any race, age or sex. Its treatment costs billions of dollars each year.



Despite the far-reaching effects of asthma, much remains to be learned about what causes it and how to prevent it. Although asthma can cause severe health problems, in most cases, asthma can be managed with the right medicines, education and, precautions allowing a person to live a normal and active life.

To begin to understand this disease, we must start with the question, "what is asthma?"

Asthma is a disease of the airways or breathing tubes which carry air to

the lungs. These airways get smaller and smaller like branches of a tree. When asthma is under control, the airways are clear and air flows easily in and out of the lungs. When asthma is out of control, the air flow is restricted, making it difficult for a person to breathe.

The most common signs of asthma are wheezing, a cough that never seems to go away, and tightness of the chest.

You cannot catch asthma from other people and asthma may develop at any age. However, since asthma tends to run in families, more than one person in the same family may have it.

An asthma attack may occur quickly when children are exposed to fumes from vehicles or cigarette smoke. Asthma also may attack quickly when children are exposed to things that they are allergic to, or when they are sick with colds or other infections.

Attacks may be either very mild or very serious.

Coughing and trouble breathing at night may cause problems with sleeping. People can die from a bad asthma attack. If an asthma attack is severe, a person may need emergency treatment to restore normal breathing.



Be sure to work with your doctor so you are taking the right medications and precautions to control your asthma and prevent attacks.

*Any questions regarding the Asthma Program should be directed to Marcie Mummer, Asthma Program  
Indiana State Department of Health, Section 6B  
2 North Meridian St.  
Indianapolis, IN 46204*

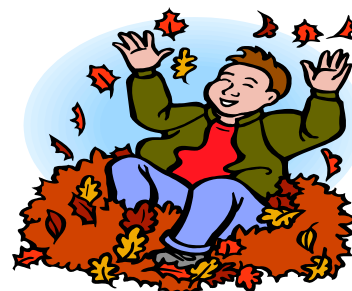


FALL-WINTER ISSUE, 2005

Website: [www.statehealth.in.gov](http://www.statehealth.in.gov)

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*The Express is filled with a digest of articles of interest to families who have children with special needs.*

*This publication is provided by and paid for in part through a grant from the Maternal and Child Health Bureau, Health Resources & Services Administration, U.S. Department of Health and Human Services under Title V of the Social Security Act of 1935.*

# What's New in Children's Special Health Care Services (CSHCS)

by Norma Boykin

## Mileage Reimbursement Rate

Good news! Effective October 1, 2005, the travel reimbursement rate was raised from its previous \$.34 a mile to \$.40 a mile. Travel over 50 miles round trip may be covered for authorized services to approved providers. Mileage is calculated city-to-city and is based on the Indiana State Mileage chart and is not calculated based on an odometer reading. CSHCS does not reimburse for transportation to see a hospitalized participant, nor does it pay for parking, meals or lodging.

New requirements to receive travel reimbursements are also in effect. Travel payments can only be made to a parent or legal guardian. The following requirements must be met:

1. Parent/legal guardian must have a W-9 on file with CSHCS and the Auditor's office.
2. Parent/legal guardian must submit social security number and car license and registration paperwork.
3. Legal guardian must submit paperwork for direct deposit of reimbursement check.

Families can access forms by visiting the ISDH web site at [www.in.gov/isdh/programs/cshcs/travel.htm](http://www.in.gov/isdh/programs/cshcs/travel.htm). For questions on travel reimbursement, call 1-800-475-1355, option 2, Monday through Friday, 8 a.m. - 4:30 p.m.

## Word Search

By Norma Boykin

ASTHMA	M	T	R	I	G	G	E	R	S	E
DISEASE	S	E	A	M	H	T	S	A	N	M
DOCTOR	M	D	D	V	K	P	Y	E	I	E
EMERGENCY	O	I	Z	I	J	Q	B	N	R	R
HEALTH	T	S	H	D	C	U	H	O	N	G
INHALER	P	E	N	T	L	A	T	E	R	E
MEDICATION	M	A	P	I	L	C	T	T	R	N
NEBULIZER	Y	S	Z	E	O	A	D	I	V	C
SYMPTOMS	S	E	R	D	J	D	E	A	O	Y
TRIGGERS	R	G	N	I	Z	E	E	H	W	N
WHEEZING										

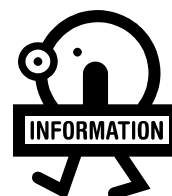
## CSHCS Policy Changes

CSHCS is in the process of updating its policies and will soon initiate some very important policy changes. It is possible that the policy changes may affect the way services are implemented and the amount the program will pay for services. You will be notified by letter as to what policies have been changed and when the changes will go into effect.

## Updated Participant's Manual

The CSHCS Participant's Manual is soon to have a new look and updated information. This manual is a valuable informational tool that explains the program's mission and your responsibilities as a participant, parent or legal guardian of a participant on the program. The manual is designed to help you understand how the program works and utilize its resources. A Participant's Manual will be mailed to you soon and should be kept as a reference.

**Future editions of this newsletter will include a summary of recent CSHCS changes.**



# Grandparents as Parents

by Judi Johnson

You have settled into the daily routine of the empty nester. Your days are filled with adult activities, visiting friends, and volunteerism. It is wonderful, you are truly enjoying the good life. Then, for whatever reason, you are a parent again! Your grandchild has moved in!

Do not despair, you are not alone. There are more than 2.4 million grandparents raising grandchildren in the U.S. today. Like you, they made the decision to care for their grandchildren when the parents would not or could not do so.

Most grandparents are below the age of 60 and most don't know where to get the help they need. There are new issues involved in raising a second family that were not present the first time around: your legal status, finances, education, the grandchildren's health and your health. There is light at the end of the tunnel for there are resources and help available.

Legal advice is best attained from an attorney. Having legal guardianship will allow you to make important choices for the child such as school enrollment, health-related decisions and may help

you get aid to pay the bills. The financial cost to attain a lawyer may seem a burden at first, but in the long run, it will eliminate your limbo legal status where the grandchild is concerned.

There are many government programs that you and/or your grandchild may qualify. There is Social Security (survivors benefits or supplemental income for disability), TANF (temporary aid to needy families), Food Programs (food stamps, WIC, free school lunch), Earned Income Tax Credit and the Child Tax Credit. There is much more information about these programs on their specific web sites (see page 4). You can also call the Indiana Family Helpline, 1-800-433-0746, for health care information.

As to your grandchild's health, there are several places to apply for help. The first place is your local county health department. Medicaid and CHIP are both health care programs for children, as is the CSHCS program. Also check your own health policy, there may be a provision that

allows you to add your grandchild.

Taking on this new responsibility may be hard on you, so don't neglect your own health needs. The following are just some suggestions to follow.

1. Eat nutritious meals
2. Get enough sleep
3. Exercise regularly and try to do it with someone
4. Get help with any depression or symptoms of depression you might be experiencing.
5. Ask for help from friends and relatives.
6. Join or maybe even form a support group.

There are many other suggestions on many informational Web sites. Spend some time doing a little research to locate possible help aides. The library is also a good reference place. There are books such as "To Grandma's House We...Stay: When You Have to Stop Spoiling Your Grandchildren and Start Raising Them," and there is "Grandparents as Parents: A Survival Guide for Raising a Second Family."

Grandparents and grandchild-

dren have always had a special bond. In today's culture, that bond has become stronger and when situations change the grandparent role to that of parent role, the bond is even stronger.

You thought that once the last child was gone that you would be set for your golden years of worry-free living, stress-free days and quiet dinners. Those years can still be golden — they will just be golden with your grandchildren!



## Questions and Answers

**Q. My child is on CSHCS. I took my child to an approved provider and for an approved diagnosis, but I still received a bill for the service. I thought I was not to receive any bills?**

**A.** Surprisingly, the most common reason families receive a bill is that they do not tell the hospital or physician's office that the child is enrolled in CSHCS; or, they

do not give the provider the **white** CSHCS insurance card. You must show your CSHCS card in order for the doctor or the hospital to bill the CSHCS program.

Another potential reason for receiving a bill is if the visit was not authorized. Please be sure that either you or your doctor request an authorization before the visit. Sometimes the hospital or doctor may even help you get the required authorization through CSHCS.

If you need a replacement CSHCS card, call 1-800-475-1355, option 4 and request one to be sent to you.

**When you do receive a bill, don't ignore it. Call the provider to ask why you received it. If necessary, call your PA/CS Nurse and ask for assistance.**





ON THE WEB

**www.smokefreeindy.com:** Smoke Free Indy is a coalition made up of people who want everyone to be protected from secondhand smoke. You can join them by visiting this site.

**www.aarp.org:** A site for people 50 and older. Has informative articles.

**www.in.gov:** Click on Public Assistance button for information on children's health programs, food stamps, TANF and other programs.

# Asthma and Second-hand Smoke

By Robyn Eley

## Getting through the Winter Months

If your child has asthma, you already know there are many asthma triggers. Two large categories of triggers are allergens and irritants. Since Americans spend up to 90 percent of their time indoors, exposure to indoor allergens and irritants may play a significant role in triggering asthma episodes. In the cold winter months, we may spend even more time indoors. So, how can you help your child get through the winter?

Continue to take steps to protect your child from common allergens such as dust mites, mold and pets. Take simple steps, like washing your hands often, to protect your family from colds and bacterial infections.

Take action to protect children from secondhand smoke:

- Choose not to smoke in your home and car and do not allow family

and visitors to do so. The EPA offers a free "Smoke-free Home Pledge" kit with more information. Call 1-866-766-5337 to learn more.

- Do not allow childcare providers or others who work in your home to smoke.
- Until you can quit, choose to smoke outside. Moving to another room or opening a window is not enough to protect your children.
- Avoid restaurants and other public places where smoking is permitted.

Robyn Eley is the Media Director for Smokefree Indiana



## Word Search Answer

M	T	R	I	G	G	E	R	S	E
S	E	A	M	H	T	S	A	N	M
M	D	D	V	K	P	Y	E	I	E
O	I	Z	I	J	Q	B	N	R	R
T	S	H	D	C	U	H	O	N	G
P	E	N	T	L	A	T	E	R	E
M	A	P	I	L	C	T	T	R	N
Y	S	Z	E	O	A	D	I	V	C
S	E	R	D	J	D	E	A	O	Y
R	G	N	I	Z	E	E	H	W	N